

B PAC Committee Meeting

6:30 PM-8:10 PM

March 22, 2016

Draft for review

Attendance:

Present: Trisha Bourcier (teacher), Loretta Caparas (parent), Luis Calderon (parent), Kayle Gagnon (parent), Evelyn Kissi (parent), Judy Johnson (parent), Joy Milvae (parent), Megan Staples (parent), Julie Tjagvad (vice principal), Sean Webster (Coordinator, Family Resource Center), Maral Virdokian (parent), Mike Kolze (Physical Education Teacher)

Minutes of previous meeting were reviewed online and accepted by consensus.

HANDOUTS:

1. Agenda
2. School Wellness policy
3. Physical Education and Physical Activity -- State of CT Recommended Guidelines - from the Action Guide for School Nutrition and Physical Activity Policies - Feb 2006/Revised April 2009

AGENDA

I Welcome

II Acceptance of Minutes -- *see above*

III Discussion of Physical Activity

We had a lengthy discussion that covered the following topics:

- the nature of physical activity students get during the day
- The nature of activities available to students at recess time
 - Some concerns about bullying and how students were treating one another were raised.
 - The group agreed these were important, but not the focus of the physical activity conversation, and that topic has been added to the list of potential topics for future discussion
- the supervision at recess
- the district/state regulations governing physical activity
- additional opportunities teachers provide for physical activity (beyond required recess and gym)

- what we wanted to know more about

IV Next Steps

Action items:

- The group agreed to gather additional information to learn more about teachers' views of the amount of physical activity and
- Kayle offered to develop a brief survey/questionnaire to help gather the information. Megan will help as well.
- Conversation will continue next meeting

V Ending Well

Next meeting:

Start with group check in and review of norms - **Sean**